



Vernon Senior Center's

Issue 1

July 2013

# Senior Moments

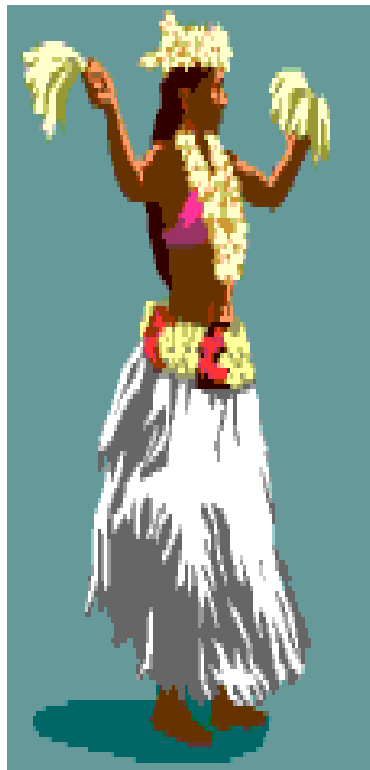


## Luau & Luncheon

The Senior Center is hosting a **Luau** on **Friday, July 12th at 12:30pm.**

Our Hawaiian feast will be catered by Maneeley's Banquet & Catering. Our menu consists of Chicken Teriyaki, Pineapple Glazed Ham, Hawaiian Roasted Sweet Potato Salad, Hawaiian Rice, Sweet Rolls and Dessert.

Tiare Kahana of Kahana Hula will entertain you. She will perform Polynesian dances such as the hula and warm



your hearts with that "Aloha" spirit. The hula is the language of the heart and therefore the heartbeat of the Hawaiian people.

Come and enjoy a little bit of Hawaii at the Senior Center. It will be a fun and entertaining afternoon.

The cost is \$12.

Please contact the Center to register for this wonderful happening.

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## Newcomers Welcome

On the fourth Thursday of every month, the Senior Center will host a tour of the Center for new seniors. This month, it will be held on Thursday, July 25th at 1:30pm.

Come and take a tour of our beautiful facility and learn about the programs and activities that are available. The Senior Center's goal is to offer a wide variety of programs and activities that would be of interest

to all seniors. The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors. We are extending a warm welcome and

hope to see you on the 25th. Please call to register. Please note it costs \$2 to join the Center.



# Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on Wednesday, July 10th. The hours are from 9:00 am — 10:00 am. Appointments are not necessary. The Visiting Nurses will be on hand to answer any questions that you may have.

The Senior Center offers Foot Care on Thursday, July 11th & Thursday, July 18th. It is necessary that you schedule an appointment, so please contact the Center at 860-870-3680. Appointments are available between 9:00 am and 1:30 pm.



Hearing Screening will be held on Thursday, July 18th. Please call Sela at the Center to schedule an appointment. A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides and will be available to answer any questions that you may have.

## Other Healthy Activities

**Walking Club:** The Walking Club meets on **Mondays at 10:00am at Sacred Heart Church** to walk the rails to trails. In inclement weather, the club will walk at the Senior Center. If you are interested in joining, please call the Senior Center to register.



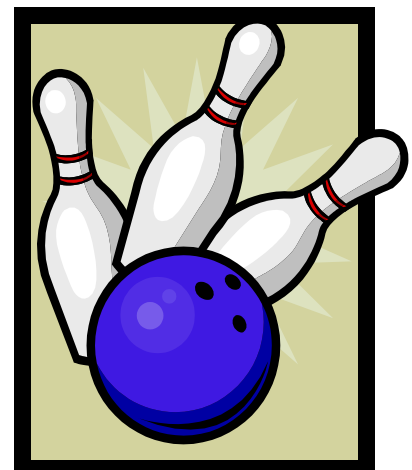
### Table Massage

Gary Tyler Jr., massage therapist, will be at the Center on Friday mornings. He will be doing table massage, \$15 for a half an hour and \$30 for an hour. If you are interested in having a massage, please contact him directly at 860-794-3430 to schedule an appointment.

## On-Going Healthy Activities

**Tai Chi:** This activity is offered on Friday at 10:00am. Tai Chi is Chinese “meditation in motion” that is primarily practiced for health benefits. It consists of slow movements that emphasize body coordination, strength, flexibility and relaxation. Alcyone Brennan is the Instructor. 1st class is free for new folks. Cost \$5 weekly.

**Wii Bowling:** This activity is offered on Fridays at 12:30pm. Join the hooting and hollering as everyone is having lots of fun. The Center’s team, The Vernon Alley Cats, is taking the summer off from competitions. Anyone interested in playing or learning to play, please join us on Friday afternoons.



# Cards & Games

**Bingo**—Mondays at 1:00pm

**Bridge**—Fridays at 1:00pm

**Canasta**—Wednesdays at 1:00pm

**Chess**—Tuesdays at 9:30am

**Cribbage**—Wednesdays at 9:45am

**Dominos** Tuesdays at 1:00pm

& Thursdays at 10:00am

**Mah Jongg**—Mondays at 9:30am, Wednesdays & Thursdays at 1:00 pm

**Pinochle**—Tuesday & Thursdays at 1:00 pm

**Scrabble**—Tuesdays at 1:00pm

**Set Back**—Friday at 9:45am

**Wii Bowling**—Fridays at 12:30pm



## Exciting Opportunities

**Zumba Gold:** The Zumba Class is now an ongoing activity, held on every **Wednesday at 1:00pm.**

Kathy Ferreria is the instructor and her class has become very popular. Anyone who is interested is welcome to join. Cost is \$4 per class paid directly to the instructor.

**Senior Swim Day:** The center is working with the Parks and Recreation Department on planning a senior swim day at one of the town pools. This would be a day where the pool would be open to seniors only for a few hours of swimming.

If you are interested please call

the Senior Center. If there is enough interest we will work on scheduling a date and time for this activity.



## Movie Matinee

**Popcorn and A Movie**—The Center is offering a movie matinee on **Wednesday, July 10th at 1:00pm.** The feature film is Lincoln which is a biographical saga of his stewardship during the Civil War years. It also reveals the conflicts within his cabinet regarding the war and abolition.

The next matinee is Darling Companion on **Wednesday, July 31st at 1:00pm.** This film is about Beth, a wife dealing with an empty nest & a self-absorbed husband, who develops a deep bond with a dog she rescues. The film stars Diane Keaton and Kevin Kline.

Popcorn will served so please

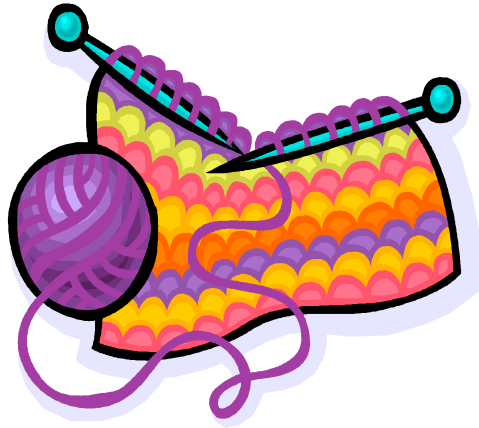
call to register so we know how much popcorn to pop.



# Creative Goings On

## Drawing Class

Mary Wolff teaches a drawing class on Tuesdays at 1:00 pm. They use color pencils, pastels, pen and ink and watercolor. Drawing experience is not necessary. All that is needed is desire and interest. Participants pay Mary directly and she charges \$5 for each class.



## Knitting & Crocheting

Do you like to knit or crochet? We have a very active group & this activity now meets twice a month. Come and join our knitting & crocheting group on the 2nd & 4th Wednesday of the month at 10:00 am. All knitters are welcome. The group gets bigger every month!

# A Hodgepodge

## Wii Bowling Tournament:

Members of our Wii Bowling League participated in a tournament in June. Two teams competed in a playoff on June 14th for the championship. Winners of the 1st Leg, Team 5: Shirley McElroy & Shirley Blinn

played the winners of the 2nd Leg, Team 1: Maureen Tyler & Sam Blonstein. Congratulations to the champions Team 1: Maureen & Sam. An awards luncheon was held at The Olive Garden Restaurant on June 28th. Prizes were given to the winners and runners up!

**Book Club:** The Book Club meets on the 3rd Thursday of each month. The group will not be meeting the months of July and August as they are taking the summer off. Look for announcements regarding the September date. New members are always welcome.

# For the Sports Minded

**Drop In Pool** -Men's drop in pool is on Wednesday and Friday afternoons at 1:00pm. It doesn't matter if you are an avid player or a little rusty, all players are welcome. Come and join an afternoon of fun.

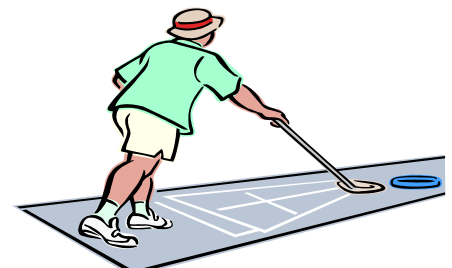
**Ladies Pool** - The ladies play pool on Tuesday mornings

at 10:00am. This is a chance for the ladies to practice their shooting skills. Any senior lady who would like to join the group is welcome!

## Shuffleboard

**Tournament:** We have 4 teams competing in the shuffleboard tournament. Leaders at the end of round 3 are Team 2: Joe Grabinski

& Dot Sherman with 7 wins & 2 losses and Team 1: Sibyl Krebs & Barry Obedzinski with 4 wins & 5 losses. The tournament will continue through July.



# Transportation

**Senior Car**—The Vernon Senior Center offers rides to seniors for out of town medical and dental appointments. This service is for Vernon residents age 60 & older. You must be ambulatory. Call Sela at the Center to schedule a ride. Rides are available Monday-Friday between 9:00 am & 2:00 pm.

**Senior Bus**—Our senior bus shopping trips are weekly on Thursdays. The bus travels to Stop & Shop, Kmart & Price Chopper. There are pickups available at the Senior Housing complexes-Franklin Park, Court Towers, Grove Court, Florence Mill, Pitkat Congregate Center, Windermere Court. Our bus will be going to Buckland

Mall & Wal-Mart in August 16th. Need a ride to any activity or program at the Center? Contact Hockanum Valley Community Council at 860-870-7940 as they provide Dial A Ride services.



## Senior Center Library

Library books, VHS tapes and Puzzles are available for seniors from our Senior Center Library. The Library is located on the second floor of the Center in a quiet, cozy corner. We have a wide variety of books on hand for your reading pleasure. Please feel free to come in and check out whatever may be of

interest to you. An added bonus is that you may return the items at your leisure.



All items have been donated. Our Library is now up and running again and donations are gladly accepted. Jean Bostrom and Tina Sulam continue to volunteer keeping the library organized and easily categorized for your reading pleasure. A special thank you for all their hard work.

## Medical Equipment

The Center has medical equipment to loan out to seniors who may need walkers, canes, commodes, shower seats and wheelchairs.

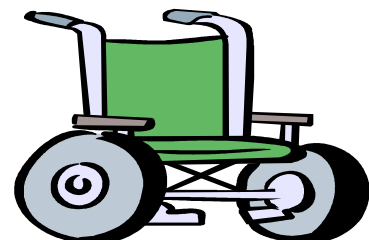
All of these items have been given to the Senior Center and these donations make this viable program possible. We are grateful for the donations.

The program has been utilized widely and is very much appreciated by those in need.

We often receive thank you notes from family members informing us that this service is very valuable and beneficial.

If you would like more information, please call Sela at 860-870-3680. If you wish to

donate any items, please contact the Center. **We need shower seats, transfer benches, walkers & wheelchairs.**





# FYI

**Parking At the Senior Center** We, at the Senior Center, understand that parking can be difficult as we are offering more activities. Therefore, we ask, if possible, that you car pool. Also, we try to schedule well attended events on Friday afternoons when Town Hall is closed & more parking is available.

**Notary Public Service** is available at the Senior Center, free of charge. This service is offered for Vernon seniors only. If you need paperwork notarized, please contact the Center for an appointment.  
**Suggestion Box** Your suggestions are always welcome. You will find the box on the table near the coffee on the 1st floor

**Age Requirement Change**  
The age requirement for trips has been changed to age 55 and older. For all other activities at the Center, the age requirement remains at 60 or older. The Center offers day trips monthly so watch our calendar.

## CHOICES Counselor

Cathy Bouley, a trained CHOICES counselor, will assist you with questions that you may have regarding Medicare, Medicare Advantage, Prescription Coverage or Supplemental Insurance. The North Central Agency on Aging provides the training and

keeps the counselors informed about any changes in Medicare



& other health insurance programs that effect seniors.

If you have any questions about your coverage or anything else related to your insurance, please contact Sela at 860-870-3680 to schedule an appointment. Please note that the counselors do not sell insurance.

## Upcoming Events

The following is a listing of activities and programs for the upcoming months. Check the newspaper, the Town's website and the monthly newsletter for more details as these dates draw near.

August 6th: Out to Lunch Bunch  
August 12th: MCC Noon Institute Program

August 15th: Historic Lowell Trip

August 16th: Buckland Mall / Walmart Bus Trip

September 20th: Story of William Webb, an African American Civil War soldier, from Connecticut



## Special Event

### **Birthdays & Anniversaries**

The Center will be celebrating June and July Birthdays and Anniversaries on **Monday, July 1st at 2:30pm**. If you have a birthday or anniversary, please stop by for the celebration. Even if you don't have a birthday, please stop by to wish your fellow seniors a very "Happy Birthday".

A Birthday cake will be served, so please contact the Center to register so we know how many to expect.

Birthdays and Anniversaries are very special occasions and the Senior Center is honored to recognize those seniors at these special festivities.

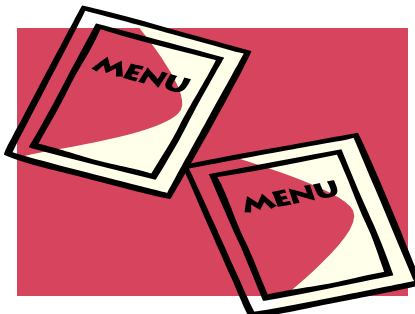
Come and share your special day with us.



## Other Activities

The "**Out to Lunch Bunch**" meets on the first **Tuesday** of every month. Each month a restaurant is chosen and this month the "bunch" is going to the State Capitol Building for a tour at 11:00am followed by a buffet lunch at noon. The group will be going on **Tuesday, July 2nd**.

The senior bus is available for transportation and pick up at all



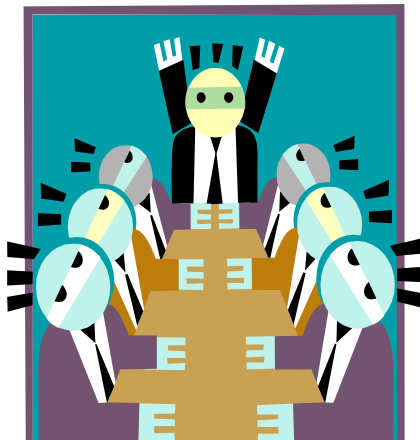
the Vernon Senior Housing facilities with stops at the Senior Center and Sacred Heart Church. Please call Sela or come to the Center to sign up for this fun day out with your friends.

Thank you to Marion Pitman who organizes all the lunches. We appreciate all your hard work.

## Advisory Board Update

The Senior Center Advisory Board meets the 4th Tuesday of the month at 9:30 am.

The following are the present board members: David Alter, Jean Inge, Carol Nelson, Gerry Probulis, Ed Zinky, Ron Kane and Joe Grabinski, Sally Hearn and Polly Schaefer.



The board does not meet over the summer. The next meeting is Tuesday, September 24th.

The Board meetings are an open public meeting and anyone who wishes to attend is more than welcome.

Your suggestions are always welcomed.

# What You Should Know

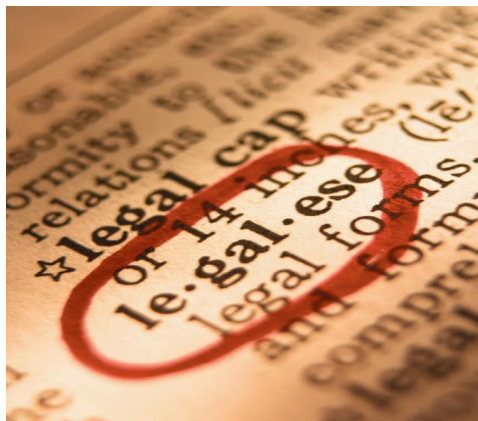
**Renter's Rebate** Vernon Social Services are taking Renter's Rebate applications for seniors age 65 and disabled individuals. The application filings dates are from April 1st through October 1st. For more information or to schedule an appointment, please call Social Services at 860-870-3661.

**Birthdays & Anniversaries** If you would like to have your birthday or anniversary recognized in the Senior Newsletter and/or Journal Inquirer Senior Center column, please contact Ellen at 860-870-3680. Birthdays and Anniversaries are extraordinary as we age so let us honor you on your special day.

**Signing In At the Senior Center.** It is really important that you remember to sign in with both first & last names & sign in clearly. The Center uses the sign in sheets to determine activities and programs that we sponsor. By not signing in, we do not have an accurate number of participants. Your cooperation in this matter is greatly appreciated.

## Legislative Update

Representative Claire Janowski will be at the Center on **Wednesday, July 24th at 10:30am** to present the 2013 Legislative Update and she will also discuss senior issues. She will speak about new Connecticut laws affecting seniors along with information about such programs as



Dial A Ride, the Medicare Savings Program, the Connecticut Homecare Program, Property Tax Credit and the Rental Rebate Programs. Important handouts will be available. Please call the Center to register for this program as refreshments will be served.

## Lincoln, Slavery & Race

Ron Spencer, who is a retired instructor from Trinity College, will be at the Center on **Monday, July 22nd at 1:30pm** to discuss whether Lincoln was the great emancipator or a reluctant one. He will examine Lincoln's controversial reputation regarding emancipation. A number of modern day



historians have argued that Lincoln was reluctant in his role as the emancipator. Some questions to be addressed are his views of slavery, and the political & constitutional barriers that he faced. Please call the Center to register for this informative program. **Light refreshments will be served.**



# Senior Center Trips

## *The Finger Lakes*

America's second largest wine region is practically next door in the enchanting Finger Lakes region of upstate New York. We will sample some of the very best wines along the Cayuga Lake Wine Trail, cruise the famous Erie Canal and enjoy the spectacular scenery aboard the Adirondack Scenic Railroad on our 4 day adventure, **September 23-26, 2013**. Our hotel will be the lovely Inn of the Finger Lakes in

Auburn, on Owasco Lake. We'll enjoy lakefront dining at the Sherwood Inn in Skaneateles & the Belhurst Castle in Geneva. We'll tour Plantations & the beautiful college campus in Ithaca, stop at Taughannock Falls. We'll visit MacKenzie-Childs, known world over for its whimsical, hand painted ceramics. En route home you may test your luck at Turning Stone Casino.

### **Some Tour Highlights**

Three nights lodging at the Inn of the Finger Lakes  
Seven meals: 3 breakfasts, 3 dinners, & 1 luncheon  
Nightly wine & beer reception at our hotel  
Trip cancellation/interruption insurance & more.

**Cost \$539 per person based on double occupancy.**

Call the Center for more information regarding this wonderful trip.

## *Lobster Bash & Show*

Amarante's Sea Cliff, located on the shore in East Haven, has a panoramic view overlooking Long Island Sound. The location is incredible, the food scrumptious & unmatched ambiance & service.

Our menu features a Welcome Reception on arrival.

**Social Hour**-Penne ala Vodka, Sweet & Sour Meatballs, Fried Dough Pizza, Frittata, Focaccia, Cheese Puffs & New England Clam Chowder.

### **Down East Clam Bake—**

1 1/4 lb. Fresh Lobster or Top Sirloin Fillet, Corn on the Cob, Roasted Red Potatoes, Steamed



Mussels, Barbecue Chicken, Cole Slaw, Strawberry Shortcake, Ice Tea.

**Entertainment**—The multi-talented **Joey Vincent** will perform. His show is more than music. It is fast-paced humor, rapid-fire costume changes, impressions & music from the 30's to today. Prizes will be awarded.

**Trip Date: Wednesday, July 17th.** The cost is \$76 per person includes all taxes and gratuities. For more information or to sign up, please contact the Center.

# DAY TRIPS

## *Historic Lowell Mass*

Join us on **Thursday August 15th** as we travel to Lowell Massachusetts. Lowell is known as “The Cradle of the Industrial Revolution”. We begin our day with a Views of Lowell Trolley Tour. On this 45 min. narrated tour we will hear stories about the famous Mill Girls and the ways that immigrants contributed to this industrial city. After the trolley tour we will enjoy a delicious lunch

at LaBoniche Restaurant. Lunch choices are Chicken sautéed with white wine & butter served with spinach & caramelized sweet potato or Coconut Salmon with julienne vegetables. Meals served with salad, dessert and coffee. Following lunch we will enjoy a Working Water Boat Tour of the canals that powered the mills. We will also tour the Boott Cotton Mills that

opened in 1835, with its 88 water powered looms still functioning in the weave room .

Cost is \$78.00 per person includes all tours, lunch, round trip transportation, all taxes & gratuities.



## Upcoming Day Trips

Listed below are some of the upcoming day trips for 2013. Please watch the Vernon Senior Center News Column published on Saturdays in the Journal Inquirer Newspaper.

**Once a trip is fully advertised in the Journal Inquirer, you may call or come to the Center to sign up.**

Trips are for seniors age 55 and over. We welcome Vernon Seniors as well as seniors from surrounding towns.

Thursday, September 12th: All trips are with Post Road Tours  
Friesians of Majesty/Putney Inn unless otherwise noted.  
Vermont

Thursday, October 10th: Salem  
Witch Museum/Pickering  
Wharf

Tuesday, November 19th: NYC  
Botanical Garden Holiday Train  
Show.

Wednesday, December 11th:  
Salem Cross Inn, Fireplace  
Feast. West Brookfield MA.

### Cancellation Policy

If a person cancels a trip for any reason, NO refunds will be given once payment is received unless we are able to fill your spot on the trip. We will call our wait list, if any, and make every effort to fill your spot in order to issue a refund.

# Special Events & Services

## Ice Cream Social

The Center will be hosting an ice cream social on **Monday, July 29th at 1:30pm**. We will be offering ice cream with a wide variety of toppings for everyone's taste buds. We will have an assortment of candies, nuts, whipped cream and of course, a cherry on top.

We will be playing some fun games and prizes will be awarded. Also, you will learn some interesting facts about ice cream and its evolution.



So come on the 29th and create your own masterpiece sundae and join in the fun festivities.

Please call the Senior Center to register for this enjoyable event. It is a great way to keep cool this summer.

The cost for this program is \$2. It will be a wonderful time and we are sure you will enjoy your summertime treat. Hope to see you on the 29th.

## Travel Series

Join us for our "Around the Globe from Home" series. Yassou (Hello) Come fly with us on Monday, **July 15th at 1:00pm** as we travel to the beautiful country of Greece. Greece, officially the Hellenic Republic, is the southernmost country in Europe with the longest coastline in Europe and the 11th longest in the world.

Join us as we visit Athens, the capitol of Greece, along with the breathtaking islands of Crete, Aegean and mountainous Peloponnesus. Learn about Greece's rich and ancient



history.

On our "trip", we will watch a DVD exploring the country's historical sites, culture, land and places of interests. We will sample a taste of customary Grecian cuisine and learn some useful phrases.

If you have traveled to Greece and would like to share any memorabilia or photographs, please feel free to bring them.

It is important to contact the Center to register for this program.



# ***Presentations***

## ***Noon Institute***

Manchester Community College's Noon Institute is at Vernon Senior Center once a month on Mondays.

Our next program, Compositional Styles of 20th Century Composers, will be **Monday, July 8th at noon**. Take a tour of the various major composers of the 20th century & a survey of what makes their work such a major contribution to the tapestry of art music.



**Pre-registration is required.** The cost is \$5 per program. You may register on line at Manchester Community College Website or by mail.

Registration forms are available at the Senior Center. No cash can be accepted. Please make your check payable to Manchester Community College.

If you have any questions, please contact the Center.

## ***Storm Preparedness***

Ana Alfaro, a public affairs specialist with CL&P will be at the Center on **Thursday, July 25th at 10:30am** to discuss what you should do to prepare for a storm.

A severe storm can cause power outages, and the best time to prepare for these outages is before a storm strikes. It takes at least two things to get through the effects of a severe storm: preparation and patience. Not only might they make the situation tolerable, sometimes they may actually



save your life.

The National Hurricane Center is predicting more hurricanes this season than last. Will you be ready for a storm?

Come and learn what CL&P has done to prepare and what you should do. Come and learn about a "Lights Out" kit that you should put together.

Please contact the Center to register for this important presentation. **A continental breakfast will be served.**

The Center will be  
closed July 4th

Join us at the Senior  
Center for a fun day!



## July's Birthdays !

### Happy Birthday:

|                  |         |
|------------------|---------|
| Vera Borkowski   | July 1  |
| Mary Uhlman      | July 2  |
| Claire Kehoe     | July 3  |
| Richard Cioto    | July 3  |
| Maureen Cosgrove | July 4  |
| Dee Turkington   | July 5  |
| Dolores Hoermann | July 6  |
| Bette Lehrmitt   | July 12 |
| Maryann Hopowiec | July 17 |
| Gladys Vincent   | July 24 |
| Bill Tyler       | July 24 |

### Birthdays Continued:

|                           |         |
|---------------------------|---------|
| Bob Flanders              | July 26 |
| Gisele Cormier            | July 30 |
| <b>Happy Anniversary:</b> |         |
| Jean & Gordon Mead        | July 21 |

***Friends  
Are Always  
Welcome***





**Happiness is VERNON SENIOR CENTER**

**26 Park Place**

**Phone: (860) 870-3680**

**Fax: (860) 870-3588**

**Email: pclaydon@vernon-ct.gov  
eballos@vernon-ct.gov**

• • • • •  
**Hours**

**Monday—Friday  
9:00am-3:00pm**

**Join us at the Senior  
Center for a fun day!**

*The Vernon Senior Center is committed  
to assisting Vernon seniors by providing  
programs that meet their needs and address their  
concerns.*

*Our staff includes:*

*Paula Claydon, Director*

*Ellen Ballos, Assistant Director*

*Sela Saunders, Secretary/Receptionist*

*Cathy Bouley, Coordinator*

Vernon Senior Center  
26 Park Place  
Vernon, CT 06066

To: